



# Public Health Resources for Parents

Abbotsford



Abbotsford Health Unit  
104-34194 Marshall Road  
Abbotsford, BC V2S 5E4  
604-864-3400



**Best Beginnings Program****604-864-3400**

Provides public health services to pregnant women, new mothers, babies, children to 2 years of age, and their families. More information is also available online from Fraser Health (search 'best beginnings').

After going home from the hospital with your newborn baby, a public health nurse will phone you within 24 to 48 hours to offer nursing support. If a Public Health Nurse has not contacted you within 48 hours, call for follow-up care. Available 8:30 to 4:30 pm, 7 days/week.

**Prenatal Classes****1-866-930-5472**

Douglas College offers prenatal classes in many communities. More information is available at [douglascollege.ca](http://douglascollege.ca) under 'Continuing Education' then 'Prenatal' or 'Perinatal'.

**Prenatal Breastfeeding Classes****604-702-4840**

Free two-hour class offers expectant parents an opportunity to learn about breastfeeding basics and techniques.

**Your Pregnancy Option Pregnancy Centre****604-853-9161**

Pregnancy tests, pregnancy options counseling and advocacy, community referrals and post-abortion counseling. Free new and used baby and maternity clothes.

**Hope for Women Pregnancy Services****604-853-0303**

Pregnancy tests, options counseling, referrals to community resources and ongoing friendships and support. Maternity and baby supplies available.

**Breastfeeding resources and helpful websites** (and search options)

- Fraser Health fraserhealth.ca – search breastfeeding
- Baby's Best Chance bestchance.gov.bc.ca
- HealthLinkBC HealthlinkBC.ca – search breastfeeding
- LaLeche League www.llc.ca - 1-604-520-4623
- Public Health Agency of Canada tinyurl.com/y25x22kq  
or search 'Government of Canada breastfeeding your baby'
- Kelly Mom Parenting and Breastfeeding kellymom.com
- International Breastfeeding Centre ibconline.ca
- LactMed Drugs and Lactation Database tinyurl.com/jyy4e9n  
or toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

**Breast Milk Bank****1-604-875-2282**

Abbotsford Health Unit is a depot for the Provincial Milk Bank. We are always in need of donors. To donate or inquire, call the Health Unit (604-864-3400) or the Milk Bank (BC Women's and Children's returns your call within 1 to 2 weeks). More information is also available online from Fraser Health (search 'donor milk').

**Duty Nurse****604-864-3400**

A public health nurse is available to discuss general health questions and provide information on prenatal and postnatal care, infant feeding, child development, vaccinations, school health, and control of communicable diseases. Hours: Monday to Friday, 1:00 – 3:30 p.m.

**Car Seat Information****1-877-247-5551**

BCAA/ICBC Technical and Consumer Information for buying and fitting car seats. More information is also available online from Fraser Health (search 'safety' or 'car seat'). [bcaa.com/community/child-car-seat-safety](http://bcaa.com/community/child-car-seat-safety)

Hours: Monday to Friday, 9:00 a.m. – 5:00 p.m.

**Child Immunization Clinics****604-702-4840**

Infant vaccines start at 2 months of age. Call early to make an appointment for immunizations for your child.

Information on vaccines: [www.immunizebc.ca](http://www.immunizebc.ca) or [healthlinkbc.ca](http://healthlinkbc.ca)

**Dental Program****604-864-3400**

Programs and services help families access dental resources and services for children who qualify for free dental plan. A free fluoride varnish program is available for children ages 0 – 2 who are **at risk** for tooth decay and face barriers in accessing dental care.

**Speech Drop-In Clinic****604-864-3400**

Drop in clinic for parents who have concerns about their toddler or preschool aged child's speech development. Held the last Wednesday of each month (except December) - 9:00 a.m. to 11:30 a.m.

*Before attending, please call for details.*

**Archway Community Services ([archway.ca](http://archway.ca))****604-859-7681**

Staff and volunteers work side by side to deliver programs that include a wide range of family support, early childhood development, youth, employment, and other community services.

## Parent Groups and Supports

### Child Care Resource and referrals

**604-850-7934**

Referral to childcare providers. Information on finding quality childcare

Help with child care subsidy applications

[Childcarechoices.ca](http://Childcarechoices.ca)

### Parenting

Parenting support is available by calling the Health Unit or available online from Fraser Health (search 'parenting').

### HealthLinkBC

**8-1-1** or 7-1-1(TTY)

Call from anywhere in BC any time of the day or night. You can to speak with a registered nurse on more than 5,000 health topics or symptoms, ask a pharmacist about medications, or speak to a dietitian about nutrition and healthy eating. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

### Fraser Health Crisis line (24 hours)

**1-877-820-7444**

Support from trained volunteers for people experiencing an emotional or mental health crisis.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)